

Grades K-8 Lunch Menu Sample - Five Day

Sponsor #	Sponsor	Contact Name
1234	Our School	Our Site Manager

Grade Group: **K-8**

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternates Daily minimum: 1 oz. eq. Weekly minimum: 9 oz. eq.	Item	Oven Roasted Chicken	Apple 'n Yogurt Dippers with Cheese	WW Seashells and Meatballs (CN)	Porcupine Sliders (USDA F-10R)	Breaded Fish (CN) Taco with Cheese
	Portion	1 breast or 1 thigh or 2 drumsticks	4 oz. (1/2 cup) / 1 oz.	2.85 oz. (5 each at 0.5 oz.)	1 each - 2 oz.	2 oz. / 0.5 oz.
	Contribution (oz. eq.)	2 M/MA	2 M/MA	2 M/MA	2 M/MA	2 M/MA
	2 nd Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
Grains Daily minimum: 1 oz. eq. Weekly minimum: 8 oz. eq.	Item	WGR Biscuit	WGR Soft Pretzel	WG Seashells/ WG Bread Stick	(2) WG Mini Roll	WG Tortilla
	Portion	2 oz. = 2 oz. eq.	2 oz. = 2 oz. eq.	½ cup = 1 oz. eq. 1 oz. = 1 oz. eq.	1 oz. = 1 oz. eq.	6" (1 oz.) = 1 oz. eq.
	Contribution (oz. eq.)	2 oz. eq.	2 oz. eq.	2 oz. eq.	1 oz. eq.	1 oz. eq.
	2 nd Item (If planned)					WG Tortilla Chips
	Portion					1 oz. (about 12 chips)
	Contribution (oz. eq.)					1 oz. eq.
Fruits If planned, 100% Juice can be <i>no more than ½ of total</i> (e.g. ¼ cup) Daily minimum: 1/2 cup	Item	Chilled Peach Slices	Red Apple	Fresh Pineapple Chunks	Chilled Mandarin Oranges	Fresh Florida Berry Cup
	Portion in cups	1/2 cup	1 cup	1/2 cup	1/2 cup	1/2 cup
	2 nd Item (If planned)					
	Portion in cups					

Abbreviations: oz. eq. = ounce equivalent, WGR = whole grain-rich, M/MA = meats/meat alternates

Effective August 1, 2020 | FDACS Rev. 7/2021

Grades K-8 Lunch Menu Sample - Five Day

Vegetables Minimum 3/4 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green Weekly minimum: 1/2 cup	Item	Steamed Broccoli		Romaine Garden Salad		Chopped Romaine (for Fish Taco)
	Portion in cups	1/2 cup		1/2 cup (credits as ¼ cup)		1/4 cup (credits as 1/8 cup)
Red/Orange Weekly minimum: 3/4 cup	Item		Carrot Sticks	Spaghetti Sauce		Diced Tomatoes (for Fish Taco)
	Portion in cups		1/2 cup	1/4 cup		1/8 cup
Beans Weekly minimum: 1/2 cup	Item					Black Beans
	Portion in cups					1/2 cup
Starchy Weekly minimum: 1/2 cup	Item	Mashed Potatoes			Baked Potato Fries Sweet Corn	
	Portion in cups	1/4 cup			1/2 cup 1/4 cup	
Other Vegetables Weekly minimum: 1/2 cup	Item		Cucumber Coins	Diced Tomatoes and Cucumbers		Salsa
	Portion in cups		1/4 cup	1/4 cup		1/4 cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Trans-Fat Free Margarine	Low-Fat Ranch Mustard	Low-Fat Salad Dressing	Ketchup Mustard	Taco Sauce
	Portion size	1 tsp	1 packet each	1 packet	1 packet each	1 packet

****Vegetables from any subgroup are creditable as an additional vegetable.** Additional vegetable requirements: 1 cup per week for grades K-8.

Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1%	Fat-Free	Fat-Free	
Fluid oz.	8	8	8	

Notes: If implementing the Offer Vs. Serve provision, it is recommended to provide 2 or more vegetables at ½ cup each to exceed the ¾ cup minimum offered and meet OVS requirements.